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## Colonoscopy Instructions with GoLytely

Diabetic Patients:

Type II: Take 1/2 dose of your diabetes medicine during your colon preparation.

Type I: Call your medication management physician for additional instructions.

### Important Reminders:

- Preparation is very important. A proper cleanse will allow for the best evaluation of the entire colon. If you do not follow the recommended instructions for preparation, your procedure will be canceled.

### You need:

- The GoLytely preparation was sent to your pharmacy
- GasX or Simethicone gas relief capsules. Purchase over the counter. You will need 4 tablets/capsules.

### One week before:

- Stop taking iron pills, fish oil, vitamin E, aspirin, ibuprofen, or any NSAIDS, Plavix, Coumadin, and any type of blood-thinning medication unless directed to do so by your doctor. If you need pain medicine, you can take Tylenol before the procedure if needed.
- Avoid taking medications directly before or after preparation.
- Stop taking Trulicity, Ozempic and Mounjaro

### Two days before

- Avoid eating celery, salad, corn, popcorn, seeded foods, blackberries, and nuts.
- Stop taking fiber supplements: Metamucil, Citrucel, etc.

### The Day Before Your Procedure:

- You will be on a **CLEAR LIQUID diet** this day **ALL DAY**. (for example: Water, apple juice, beef or chicken broth, gelatin without fruit, Gatorade, clear soda)
- No coffee, tea, milk, or any red or purple dyed beverages.
- **No dairy products or solid food**

### **4:00 PM**

Take 2 tablets of Gas X. Drink half of GoLytely, within 2 -3 hours (one glass every 10-15min) Finish the whole half. Stay close to the bathroom. In the next hour around 5pm drink 2 glasses of 16oz of water.

### **9:00 PM:**

Take 2 tablets of Gas X. Finish taking the last serving of GoLytely, within 2 -3 hours (one glass every 10-15min) Finish the whole half. Stay close to the bathroom. In the next hour around 10pm drink 2 glasses of 16oz of water.

**On the Day of Your Procedure: NO SOLID FOOD ON THIS DAY!**

- High blood pressure and/or heart medications: Take them only with a sip of water if instructed to do so. If you take Lisinopril, do not take the dose until after your colonoscopy.
- You will receive intravenous (IV) sedation or anesthesia for this procedure. Therefore, a family member or friend will need to accompany you home. **You MUST NOT** drive, walk, go home in a taxi, or in a truck. If you do not follow these instructions, your Colonoscopy will be canceled.

**DO NOT DRINK ANYTHING WITHIN 3 HOURS BEFORE YOUR PROCEDURE.**

**If you have any questions or concerns and or if you need to cancel or reschedule, please contact our office at 503-874-0574**